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thenewhammag

issue 295 // 14 – 28 March 2014



A new
wave begins

Newham announces £120k investment
in swimming and diving (p14)

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the newham mag



We bring you exciting news about investments into swimming and diving (p14) and find out how work is progressing on site at Atherton Leisure Centre (p9). You can also read about the Newham Mini-Games, which decide who will represent the borough at the London Youth Games (p12).

The Tour de France comes to Newham in July (p13) and we're giving you the chance to grab a free place at this year's National Lottery Newham London Anniversary Run (p17).

Also in this issue, maverick drum and bass star Goldie talks about his debut at Theatre Royal Stratford East (p26) and we have a fantastic ticket giveaway to hear the Royal Philharmonic Orchestra at the Royal Albert Hall (p11).

*Councillor Quintin Peppiatt
Executive member for children and young people*

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Look out for the next issue from 28 March 2014

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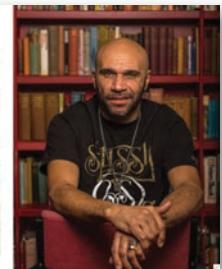
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All that glitters

He's a leading screen artist, a film editor, a classical violinist, pianist and a dancer and choreographer. All in one! The Royal Philharmonic Orchestra present Goldie at the Royal Albert Hall on 10 May.



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IN BRIEF //

Raise money for Sport Relief

Newham Leisure Centre in Prince Regent Lane, E13, will be hosting fundraising activities to mark Sport Relief on Saturday 23 March.

From 11am-6pm you can take part in basketball, badminton, table tennis, rugby kicking and rowing challenges, and seven-a-side football tournaments for under 13s, under 15s and adults.

A Sport Relief Mile run will take place on the outdoor running track. Visit www.activeNewham.org.uk for more information.

Change in opening hours

From 17 March residents wishing to visit Newham Council's licensing, trading standards, food safety and health and safety teams can do so at the Town Hall Annex, 1st Floor, 330-354 Barking Road, E6, on weekdays from 1-4.45pm. Previous opening hours were 9am-5pm.

Celebrating World Autism Awareness Day

Residents are invited to help create an event to celebrate World Autism Awareness Day 2014, taking place on Wednesday 2 April.

Autism affects how a person communicates with, and relates to, other people and the world around them.

To help shape this year's event email Gerry.Okello@newham.gov.uk or call 020 3373 1273.

>>> Children in the party mood



Cllr Hudson with families at the party

Fun was on the agenda when Deputy Mayor Councillor Lester Hudson visited a half term party at the Shrewsbury Children's Centre in Forest Gate.

The centre in Shrewsbury Road was awarded £250 from Newham Council's Let's Get the Party Started grants programme to help things go with a swing.

Party organisers used the money to pay for supplies of paint, paper and modelling items for children to make things with. There was also a bouncy castle, face painting, food and games.

Cllr Hudson said: "Staging a community event is the perfect way to bring people together and we could support you with funding. It was good to see so many children, parents and carers enjoying themselves."

If you are hosting a community event and want to apply for grant funding visit www.newham.gov.uk/grants or email communitygrants@newham.gov.uk

Every child gets a school place

Every Newham child is guaranteed a secondary school place in September this year, and almost 73 per cent of them got their first choice school.

Newham Council received 3,925 applications for secondary school places by the national closing date of 31 October 2013. Overall 95.59 per cent (3,752 pupils) were offered a place at one of their six preferred schools.

The small number of pupils (4.41 per cent or 173 pupils) who could not be offered places at any of their preferred schools, have been allocated alternative places at the school closest to their home that still had places available.

Councillor Quintin Peppiatt, executive member for children and young people, said: "We are delighted that so many children are able to attend their first choice school. We consistently rank amongst the best in London at finding children places in our schools. We couldn't have achieved this without the hard work of primary and secondary school staff and parents."

Careers fair is just the job

Secondary school pupils took the opportunity to meet a range of employers and training and education providers at the Newham Careers Fair.

The free event, organised by Newham Council, is in its third year. It took place at the Newham College campus in East Ham.

Workshops for Newham students included Classroom Medics run by science and health graduates. Pupils were able to take pictures of their own retinas, take blood from a fake arm, diagnose conditions using a patient simulator and use an ultrasound scanner. There was also information from employers London City Airport, the Royal Navy and Newham Council about apprenticeships.

Newham councillors Clive Furness and Alec Kellaway attended. Councillor Kellaway, executive member for business and skills, said: "There has never been a greater need for careers guidance to be promoted and celebrated in education. The fair is an opportunity to inspire our next generation as they enter the world of work."



Ruthless landlord is fined

A ruthless landlord must pay more than £25,000 after Newham Council found children living in an overcrowded, unhygienic and dangerous property that he managed.

Belal Salik Choudhury from Ilford was found guilty at Thames Magistrates Court of 24 disrepair offences under the Multiple Occupation Regulations 2006, and one offence under the Housing Act 2004.

Enforcement officers visited the unlicensed home he was renting out in Birchdale Road, Forest Gate. It was occupied by seven adults and two children.

The tenants were collectively paying £2,300 in rent each month. Communal parts of the property were in poor condition and poorly ventilated, and there was a long list of hazards putting the safety of both children and adults at risk.

Councillor Andrew Baikie, executive member for housing and customer services, said: "The gravity of the offences is reflected in the size of the fine handed out, which is the largest seen by Newham Council in a housing prosecution of this kind."

Memorial tribute to screen legend

Mayor Sir Robin Wales welcomed Princess Anne to Manor Park when she unveiled a memorial stone to screen legend Dame Anna Neagle and her award-winning director husband Herbert Wilcox CBE.

The Princess Royal lifted a Union flag from the stone at City of London Cemetery. It marks the final resting place of the stage and screen star who died in 1986 following the death of her husband in 1977.

The actress was born Florence Marjorie Robertson in 1904. She lived in Glenparke Road, Forest Gate, and later in Upton Lane. She adopted her mother's maiden name for her film career. She has a road in Forest Gate named after her.

Among the guests at the unveiling were actor Leslie Phillips, radio presenter Pete Murray and 1960s pop star Joe Brown.

Sir Robin said: "I was delighted to welcome Princess Anne to the borough to recognise the achievements of two such pivotal pioneering figures in the history of British cinema."



Spending on the things that

I read last week that the Government has set out its plan to give all pupils in England free lunches for their first three years in school because they want every infant to sit down to a healthy meal during the day. I could have told them that years ago.

Newham has been serving up free school meals to all primary school pupils since 2009. For the past two years we've been funding the programme ourselves from our

"Despite being on the end of savage cuts to our funding from the Government, we think spending money on giving our young people the best start in life is the right thing to do."

own pockets after the Coalition Government ditched its part of the funding for the original pilot scheme.

The budget we agreed at our recent Full Council meeting commits us once again to spending around £5m on free school meals for all primary schoolchildren, from Year 1 to Year 6. That directly benefits around 5,000 children across 62 schools every school day.

I have long believed that funding free school meals for every primary school child is crucial as it provides vital support to children in their early years.

The evidence of our programme is overwhelming. By providing healthy and nutritious meals to our children we are supporting their attainment. And the programme also saves hard-working families more than £500 per child.

Despite being on the end of savage cuts to our funding from the Government, we think spending money on giving our young people the best start in life is the right thing to do.

Deep austerity cuts continue to cripple local councils. That's not just my opinion.

It's the view of the Council of Europe who said last week that the cuts have severely restricted councils' abilities, to provide essential public services. It's a view that has also been strongly supported by the Local Government Association.

A key priority of the council's budget strategy over the past few years has been prioritising our spending on improving what we do. Significant savings have been made and reinvested in services residents say are important to them – but the size of the cuts to our funding in the next few years means that there have been, and will continue to be, some

Sir Robin enjoys a free school meal with pupils at Maryland Primary School, E15



Mayor's view

What matter most to all of us

difficult budget decisions to take.

Newham loses £30m in grant this year, £30m again next year and approximately £20m in the two years after that. This year's budget has been balanced by making savings in senior management and support service costs and making efficiencies wherever possible.

Like you, we have been working hard to cut our cloth accordingly and stretch our finances so that we can protect what matters most to all of us.

Residents keep on reminding me that the impact of the recession means making ends meet is tougher than ever, and I will do everything I can to ease the burden.

Our budget this year freezes Council Tax for the sixth year in a

"Like you, we have been working hard to cut our cloth accordingly and stretch our finances so that we can protect what matters most to all of us."

row. We again expect this to be the lowest rate in outer London. It prioritises spending on our jobs service Workplace, which last year helped 5,000 people into sustainable employment. It also commits us to funding additional police officers who are tasked by us and support the excellent work done by our



enforcement officers.

We've invested in Newham's Every Child programme because I am committed to helping our young people succeed. Be it supplying free school meals, helping them with their reading, supporting them to learn a musical instrument or trying a new sport,

I want them to be inspired to achieve their potential.

I want us all to be in a position where we have the skills and resources that allow us to negotiate common challenges, overcome difficult circumstances and take up the opportunities that come our way.

with Sir Robin Wales

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To register, sign up for stop smoking support with your local advisor from 14 February to 31 March 2014. Contact your local pharmacy or GP, visit www.newham.gov.uk/stopsmiting or call 0800 013 1673/020 3373 6630.

*Offer is open to Newham residents aged 16 years or over. Only one voucher allowed per person. Participants must attend weekly appointments with a Stop Smoking advisor and eligible smokers must have successfully stopped smoking at least four weeks after their quit date. Access to activeNewham services is subject to availability. For full terms and conditions visit www.newham.gov.uk/stopsmiting



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Newham London

Come and join Mayor
Sir Robin Wales for coffee

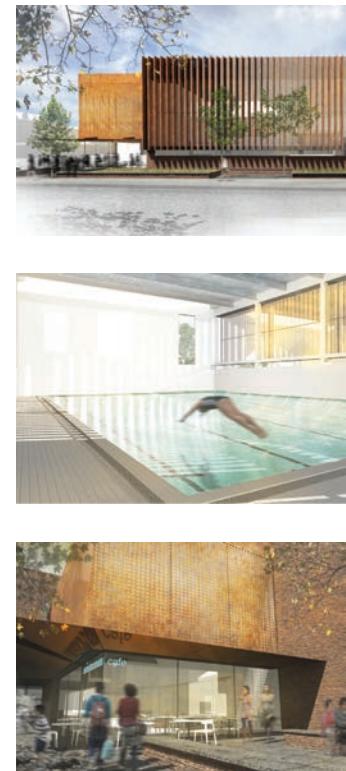
Saturday 15 March, 10.30-11.30am, Stratford Library, The Grove, E15
Saturday 22 March, 11am-12pm, Manor Park Library, Romford Road, E12
Saturday 29 March, 10.30-11.30am, Plaistow Library, North Street, E13
Saturday 5 April, 10.30-11.30am, The Gate Library, Woodgrange Road, E7
Saturday 12 April, 10.30-11.30am, Canning Town Library, Barking Road, E16

For further details visit
www.newham.gov.uk/mayor

Mayor of
Newham



Mayor Sir Robin Wales (centre), councillors Conor McAuley (second left), Ian Corbett (second right) and Lester Hudson (right) meet contractors from Mulalley



Above: Artist's impressions of the new Atherton Leisure Centre

A new Atherton in site

Work to build the brand new Atherton Leisure Centre in Stratford has begun. The old building is being replaced by a modern £14.7m leisure centre, opening in autumn 2015, which will include two community swimming pools, a state-of-the-art gym and fitness studios which are accessible to all.

Mayor Sir Robin Wales and councillors Conor McAuley, Ian Corbett and Lester Hudson joined representatives from building contractors Mulalley to visit the site and find out about the development's progress.

Swimming

There will be two community pools: a 20-metre teaching pool with variable depth to suit beginners and more experienced swimmers, and a 25-metre six lane main pool.



Gym and fitness

The gym will be bigger than before, with the latest exercise equipment to maximise



your work-out. There will be two bright, new fitness studios for a range of group exercise activities.

Accessible to all

There will be step-free access throughout the new centre, with a lift to the upper floor of the building. The teaching pool will have an adjustable floor, which can be raised and lowered to vary the depth of water, and a platform lift to lower disabled swimmers into the water.



Family friendly

There will be a café to unwind and relax, plus a crèche and soft play area for children.

As well as separate male and female

changing areas with direct access to the pools, there will also be family changing areas.

Environmentally friendly

The new Atherton will use the latest combined heat and power (CHP), transforming waste heat into electricity to power the centre. Recycled soil from the site will form a 'living' surface on the roof, providing a habitat for plants and wildlife. The roof will also harvest rainwater.

Mayor Sir Robin Wales said: "Residents have told us they want a modern leisure centre that meets their exercise needs. We have listened to what they want and are providing them with a place that will be welcoming and accessible, so people of all ages and abilities can participate, get active and stay healthy."

To keep up-to-date with the progress of the new Atherton Centre visit www.newham.gov.uk/atherton

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Music to your ears: **FREE RPO tickets**

If you missed out on last year's free Royal Philharmonic Orchestra (RPO) ticket giveaway make a note of this: Mayor Sir Robin Wales has again secured free tickets for residents to a range of superb concerts by the renowned RPO at the iconic Royal Albert Hall in South Kensington.

There are 25 pairs of tickets exclusively for Newham residents at each of these upcoming concerts *Symphonic Rock 10th Anniversary Concert and Film Music Gala 2014*.

For years, Newham residents have had the pleasure of listening to the spine-tingling sounds of the RPO for free at the annual Under the Stars outdoor concerts in Central Park, East Ham.

As well as great, free entertainment, the longstanding relationship has seen our young musicians working alongside the experts as part of the groundbreaking Newham's Every Child a Musician programme. Now you could hear the professionals play in one of the most prestigious musical entertainment venues in the world.

Tickets for these concerts could cost you up to £50 but if you're chosen in

our random ballot you could be enjoying a free, unforgettable night out. Here are two concerts you could be at:

Symphonic Rock 10th Anniversary Concert, Thursday 1 May, 7.30pm.

Symphonic Rock is celebrating its 10th year with an evening of thrilling rock anthems and classic songs in this electrifying orchestral event. Chart classics from iconic bands and artists including: **Robbie Williams, Bon Jovi, Meat Loaf, U2, Queen, Led Zeppelin, Eric Clapton** and many more.

Film Music Gala 2014: Thursday 5 June, 7.30pm. Lights! Camera! Action!

A popular evening with movie fans celebrating some of Hollywood's most loved and memorable soundtracks.

Highlights include classic renditions of: **Star Wars, Harry Potter, Gladiator, Jurassic Park, The Lord of the Rings, Big Country, Indiana Jones, Rocky, Ghostbusters, Mission: Impossible** and many more.

To be in with a chance of winning a pair of tickets to either event visit www.newham.gov.uk/mayorsfreegiveaway and fill in the online form. Tickets are distributed via a random ballot. Terms and conditions apply. Full details are on the website. You must be a Newham resident to enter the competition. The closing date is 12noon on Friday 4 April.





Playing for more than glory

School students who play a team sport are more likely to be healthier and get better grades; that's why in Newham we want every child to be a sports person. Participation in events like the Newham Mini-Games and London Youth Games can have far wider benefits than just receiving a trophy or a medal.

Around 400 young people from 25 Newham primary schools took part in the four sports that made up Newham's third Winter Mini-Games. There was strong competition to win the tournaments in tag rugby, boccia, netball and hockey.

In May, the event will be followed by the Newham Spring Mini-Games, where up to 700 young people will take part in: swimming, handball, basketball, football and gymnastics.

All winners of each competition will represent Newham at the London Youth Games, Europe's largest youth sporting event.

Newham Council is helping our young people to take part in sport and become more physically active through Newham's Every Child a Sports Person programme, which is part of the council's wider

commitment to ensuring young people in the borough have the same opportunities as children in more affluent areas.

There is evidence that participating in organised sports delivers educational improvements for young people including numerical and transferable skills.

According to Sport England, boosting participation in sport can generate a variety of socio-economic benefits. Sport can make a profound and positive impact on individuals, communities and wider society. Physical activity, including sport, is linked to reduced risk of more than 20 illnesses, including cardiovascular disease and some cancers.

The Mini-Games is organised by activeNewham on behalf of Newham Council and with the support from the Langdon and Cumberland partnerships.

For more information on Newham's Every Child a Sports Person programme contact activeNewham on 020 3373 9009 or visit www.newham.gov.uk/everychild

Schools participating in the Mini-Games are: Brampton, E6; Carpenters, E15; Central Park, E6; Cleves, E6; Colegrave, E15; Curwen, E13; Godwin; Lathom, E6; Monega, E12; Nelson, E6; Roman Road, E6; Rosetta, E16; Sandringham, E7; Scott Wilkie, E16; Selwyn, E13; Shaftesbury, E13; Sir John Heron, E12; Southern Road, E13; St Antony's, E7; St Edward's, E13; St James', E7; St Luke's, E16; St Helen's, E13; St Joachim's, E16; Vicarage, E6.

Touring the streets of Newham



The largest annual sporting event in the world, with more than 200 riders, 2,000 vehicles and up to 5,000 officials, is coming to the borough in July.

The third stage of the Tour de France will arrive in Newham on Monday 7 July.

The event is being brought to London by The Mayor of London, Transport for London (TfL) and London and Partners.

With millions of spectators expected to line the route, TfL has requested roadblocks are in place at major junctions along the route, as well as some diversions and restrictions on parking. These measures are expected to be in place for up to eight hours on the day starting from 10am.

The Tour will cover more than ten miles around the borough, entering from Queen Elizabeth Olympic Park, making its way along Warton Road before turning right into Stratford High Street.

The riders will then make their way along West Ham Lane, past Plaistow Station and on to Greengate Street before crossing the Barking Road into Prince Regent Lane and then through Tollgate and Stansfeld roads. The Tour will then cross the Connaught Bridge and riders will leave the borough along Silvertown Way.

Newham Council wants to ensure that residents and businesses can enjoy the event and are able to get around the borough with as little disruption as possible. The council is working with all agencies to ensure that diversions and road closures are in place for the shortest time possible.



More information from TfL about arrangements on the day will be posted on our website www.newham.gov.uk/tourdefrance or follow us on Twitter @NewhamLondon for the latest updates.

Tour de France riders' route

A different stroke

This month, the world's greatest aquatics centre reopened for the first time since the London 2012 Games. As the public flocked to take a dip in the same pools that have graced the likes of medalists Tom Daley and Ellie Simmonds, Newham Council made a splash of its own by announcing a £120k investment into swimming and diving at the venue in Queen Elizabeth Olympic Park (QEOP) and across the borough.

The London Aquatics Centre, which sits in the Newham part of QEOP, houses two 50 metre swimming pools and hosts a variety of activities including lane swimming, family swim sessions and fun with inflatables. The 25 metre diving pool has boards and platforms from one to ten metres, with specialised dry training facilities for divers.

The council's investment will give talented residents extra access to the swimming and diving pools at the centre. Additional money will also be invested to ensure the borough's main swimming club has access to pool time at the centre for a discounted rate.

Newham Council's four year investment aims to support talented swimmers and divers, increasing their future medal chances at national and international events.

Newham and University of East London Swimming Club representative Andrew Baxter said: "The support from Newham demonstrates a fantastic commitment to swimming in the borough and to the future of the club. For that we are most grateful."

The opening of the London Aquatics Centre brings the total of public pools in Newham to nine, rising to 11 when the new Atherton Leisure Centre opens in 2015 in Stratford.



Amy Marren, Paralympian

East Ham born Paralympian Amy Marren might have missed out on a medal at the London 2012 Games, but aged just 14 she brought home a haul of medals, gold and silver, from the 2013 IPC Swimming World Championships.

Now aged 15, she's focusing her attention on making it to Rio in 2016 and hopes training at the London Aquatics Centre will boost her chances of more medal success. She said: "Without a doubt, this is the best place to train in London. The 2012 Games were great, and it has left us the venues that we have here now, but it's also about conveying that it's not just world-class athletes that train here. It's also the everyday community, be it learning to swim, learning to dive or developing your skills."

Amy admits that her training schedule can make her feel like she's living a double life, and balancing her upcoming GCSEs with her passion for swimming can be a challenge: "I love swimming more than anything but education is as important and I know I'm not going to be swimming all my life. Eventually I want to go to university and have a good career."



A talk with Tom

Olympian Tom Daley has made Newham his home, moving to the borough so he can be closer to his new training venue, the London Aquatics Centre.

Tom thinks Newham's investment in aquatics is: "great", saying: "We need more divers, we need more swimmers and I think this is the best place you can possibly do these sports; more people involved in Olympic and Paralympic diving is all part of the legacy."

"I think it's a great thing that people are getting opportunities to learn how to dive. I was lucky to live near a diving pool in Plymouth, but lots of people don't, or don't get the opportunity to try diving. The next Olympic or Paralympic champion could be out there in Newham but they would never know unless they'd tried it."

It may be almost two years since the 2012 Games but walking into the venue still brings back memories of the historic event. Tom said: "There's always a rush of memories, especially when you walk into the changing rooms. You remember the smells, the atmosphere and that kind of stuff. It's very different now they don't have the massive wings of seating but it's beautiful."



Win tickets to the Diving World Series

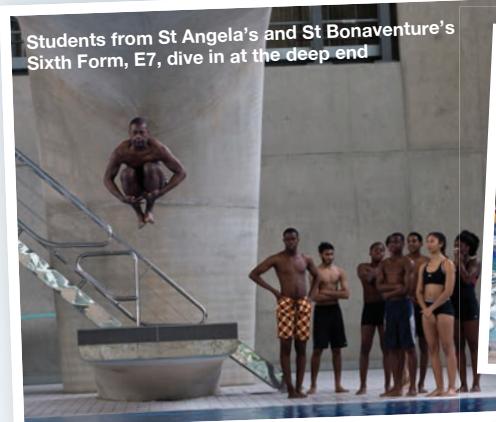
We're giving away ten pairs of tickets to see the FINA/NVC Diving World Series – the first international diving event to be held in the London Aquatics Centre since the 2012 Games – taking place from 25 to 27 April.

For your chance to win, email your name, address and telephone number to newham.mag@newham.gov.uk or post your entry to **Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU**. Competition closes on Friday 28 March.



Dive into the London Aquatics Centre

General swimming prices for an adult start from £3 for residents with an activeNewham membership card, available for free from any Newham leisure centre. Details of all swimming prices can be found by visiting www.newham.gov.uk/aquaticscentre



Outdoor event catering opportunities

Do you live in Newham or is your catering business based in the borough?

We are looking for outdoor catering businesses to trade at The Mayor's Newham Show, Under the Stars and our Guy Fawkes Night Fireworks Display.

For further information, please contact the Events Team

T: 020 3373 1774 E: events@newham.gov.uk

Facebook: [NewhamEvents](#)



Free cycle training Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists.

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability).

If you are interested in receiving free training please email cycle.training@newham.gov.uk or call 020 3031 6730



The National Lottery Newham London Anniversary Run **returns**

You don't need to be an athlete to run in the Queen Elizabeth Olympic Park because the National Lottery Newham London Anniversary Run is back and we have more than 1,000 free places to give away to residents thanks to Mayor Sir Robin Wales.

The National Lottery Newham London Anniversary Run takes place on Sunday 20 July. The route will take you past many of the most iconic and memorable locations in Queen Elizabeth Olympic Park, including the Velopark, Aquatics Centre, iCity, the Orbit and South Park Gardens.

This year there will be a five-mile adult run and a two-kilometre family event. We are giving away 1,000 places to the adult event (worth £23 each) and 300 places in the family event (worth £5 per person). Each family place admits up to two adults and two children.

Construction work means that

this year the run cannot finish in the Olympic Stadium as it has done previously. The event will return there in 2015. If you get a place in this year's run you will automatically get priority for a free place in 2015.

Mayor Sir Robin Wales said: "The National Lottery Newham London Anniversary Run is another great example of how the council is making the legacy of the 2012 Games real by giving residents free opportunities to lead active and healthier lifestyles."

Free places are expected to go fast, so if you want one get on your marks, get set, go!

How to enter

All participants get to have a great day out in London's newest urban park with no limit on the number of spectators welcome to line the route and cheer you on. You must be aged 15 or over to take part in the adult run. You must be aged five or over to take part in the family event. To apply for your free place visit www.newhamlondonanniversaryrun.org/newham

Free places are for Newham residents only. Entries are non transferrable.





App-y days are here

Download the Love Newham app and you can contact the council at the touch of a button.

The Love Newham app makes reporting issues to the council easier than ever before. The app can be easily downloaded onto any mobile smartphone or tablet and ensures your complaint goes directly to the right department to action.

First Avenue Urban Wilderness Community Garden in Plaistow piloted the app to support the work they are doing to improve their area.

Eighteen months ago, a group of residents approached the council about a disused piece of land in First Avenue, E13, that had become a magnet for fly tipping. Fed up with the eyesore, the group was supported by the council to create a community space and the First Avenue Urban Wilderness Community Garden took root.

The site, which houses a picnic area, raised growing beds, a small children's play area, woodland space, a pond and dog exercise area, has done more than just brighten up the area, it has brought the community closer together. The group and their neighbours have been using the Love Newham app to instantly report environmental issues to the council and further improve their area.

Councillor Forhad Hussain, executive member for community affairs (South), has been promoting the app to residents. He said: "As well as the option to report issues instantly, the app is great as it allows the council to identify hotspot areas and investigate issues to put an end to them for good."

The app in action

Lifelong Newham resident and chair of the garden, Jacquie Pringle has lived in Plaistow for 18 years. She said: "We had a problem with fly tipping. Our road is quite quiet so we used to get a lot of industrial rubbish dumped from vehicles. One day I noted a description of one of the vans and the number plate and reported it to the council, who took action.

"I found out about the app from Councillor Hussain. I was at a community clean up day and spoke to him about a dumping spot. That's when he showed me the Love

Cllr Hussain (r), Russ Wiseman (l), and Jeff Jones (second right) explain how they have been using the app to Cllr Unmesh Desai



Jacquie Pringle

Newham app and how to use it. Once I got the hang of it, it was dead easy to use. I get directly to the right department and my reports are dealt with very quickly."

The Love Newham app has supported the residents' new Neighbourhood Watch Group, as they are able to report issues of anti-social behaviour to the council who investigate and take enforcement action where possible.

Jacquie said: "What we're doing here is all about encouraging people to love where they live and respect their area as if it was the inside of their own home.

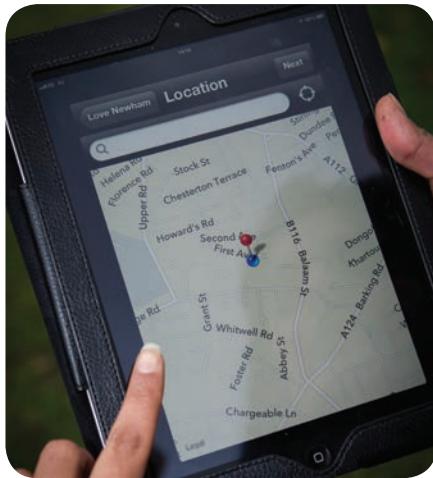
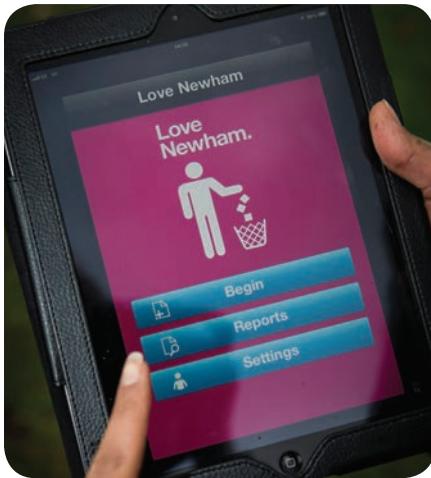
"I've been promoting the app like you wouldn't believe. I'm always telling people to download it onto their phone.

"Since we've come together as a community my neighbourhood is a different place. I can't go two-feet without saying hello to someone and we all look out for our children."

To get involved in the garden, or find out more, email urbanwilderness@live.co.uk or visit www.urbanwildernesse13.webs.com



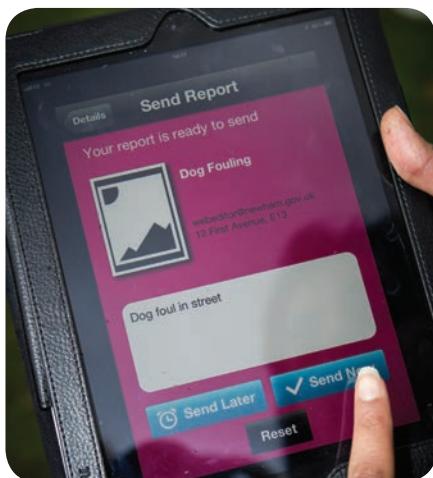
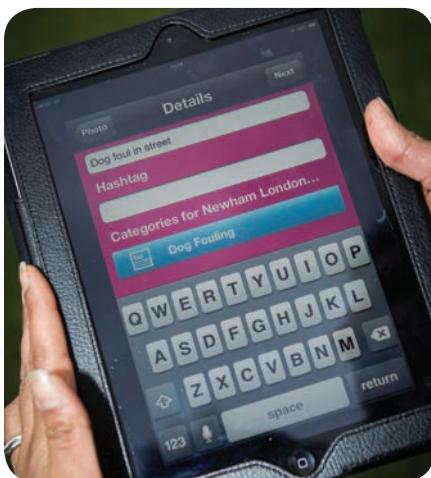
How it works



1. Download the free Love Newham app from www.newham.gov.uk/lovenewham

2. Go to the homepage and select begin

3. The app automatically detects your location to pinpoint where the problem is



4. Take a picture of the problem – you can skip this if you wish

5. Enter a brief description of the problem, e.g dog foul in street, and select the appropriate category, e.g dog fouling, and then press next

6. Send your report when you're ready

- You will receive on screen confirmation of your report and an email to your registered email address. Newham Council will investigate the problem and let you know what's been done.
- Records of all your reports can be viewed on the app.

What can you report?

All these issues can be reported via the Love Newham London app: alcohol-related litter; bird mess; dead animal; dog fouling; drug related litter and sex litter e.g. condoms; fly posting; fly tipping; graffiti; litter bin (overflowing); litter bins (damaged); street cleansing (sweeping); litter; oil spillage; road not gritted; gullies (blocked).

For more information visit www.newham.gov.uk/lovenewham



Newham in pictures

2



3



5



4



1 Newham schoolchildren grace the stage at Theatre Royal Stratford East for their take on *Oh What a Lovely War*, part of Newham's Every Child a Theatre Goer programme. **2** The try-ing game: pupils get into tag rugby at the Newham Mini-Games (see page 12). **3** Silver lining: students at Plashet School, E6, experience medal behaviour after a visit from Olympic rower Mark Hunter. **4** Ready for action. Young people find out more about Army jobs at the careers fair at Newham College, E6. **5** Super sleuths are captivated at an interactive performance of the Discover Children's Story Centre's *Ssshhh...Secret Agent* in Stratford.



To vote in this year's elections, you
must be on the electoral register.
You have until Tuesday 6 May to register.

To find out more visit
www.aboutmyvote.co.uk/register

Support charity, not crime

**Charity collectors are a common sight on Newham streets.
When we offer money we expect it to go to those who
need it most, and not into the pockets of criminals.**

Most collections and appeals are legitimate and will have obtained permission from the police. However, some are scams. In some instances donations fall into the hands of organised criminals and terrorists.

On Wednesday 19 March Newham's police and enforcement officers will be handing out leaflets warning of the dangers associated with giving money to bogus charities. It offers advice to bear in mind when considering donating.

It's simpler than you might think to check the authenticity of a collector or charity:

- > genuine fundraising materials should feature the charity's name, registered name and a landline contact number. Be wary of those that list only a mobile number
- > before making a donation or accepting a collection tin, check the charity's name and registration number. You can verify this at the Charity Commission's website: www.charitycommission.gov.uk
- > look for the Fundraising Standards Board tick logo indicating the charity is signed up to fundraising regulation
- > when approached by collectors, check whether they have proper ID and that any collection tin is sealed
- > fundraisers require a licence to collect in a public place. Check they have this
- > if in doubt, ask for more information – a genuine fundraiser will be happy to explain more about the work of the charity
- > If you're unsure about donating, contribute to your chosen charity through their website.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "Fraudsters will always try to exploit goodwill and attempt to deprive causes that most need help.

"It is important we support charity, not crime, and be able to give with

confidence. Above all else, please don't stop supporting charities."

If you think a collection or appeal is not legitimate, report it to Action Fraud on 0300 123 2040 or inform the Charity Commission via www.actionfraud.police.uk



An alliance that works

More than 20 years ago, East London Business Alliance (ELBA) was set up to help people in east London into jobs arising from the new Docklands developments. Two decades later and the tide of economic regeneration is flowing towards Newham. As ELBA's chief executive, it's Liam Kane's job to encourage big business to look locally when recruiting so local people benefit from the opportunities on their doorstep.



Liam started at ELBA in 2002. During his 12 years at its helm, the social and economic regeneration charity has seen numbers of corporate volunteers increase from 300 to 14,000 and private sector membership increase from 30 to more than 100.

But what's at the heart of ELBA's aims? Liam explained: "We're a charity which brings business resources, and that's mainly people and time – and some money to work with the community in east London to support better prospects for residents and better regeneration."

ELBA's work is funded by an annual contribution by members. Liam said: "We are a bit of a broker. We enable corporate companies to work with the community more easily than if we weren't here."

How do you work with councils to support people into work?

We work across east London, including Newham, Hackney and Tower Hamlets. Newham Council's Workplace service is the best developed and the longest running major jobs agency. It's a great model. Candidates and clients coming in are treated incredibly professionally.

Jobcentre Plus has got tremendous pressures on it and can't quite give the time we all hope it could, Workplace fills that gap. Research shows that only one in ten unprepared candidates in east London going into an interview gets a job. That number rises to seven in ten if they go in prepared. Workplace plays a major part in that preparation.

How does ELBA support Workplace?

We run programmes for Workplace like Take Off into Work at London City Airport. We also provide jobs and training.

Our pre-employment training ranges from three days to two weeks and we offer work placements of up to six weeks. The people who come on our scheme stay on benefits during that period, which means that they don't lose out financially. They are guaranteed an interview at the end and they have a more than 80 per cent success rate of getting the job.

How does ELBA engage with schools?

We've started business advisory groups in nine Newham schools, which are sponsored by KPMG. We started out at Rokeby and

developed a pilot there. We place five or six companies on a steering group which supports the head and senior teaching staff at the school. They do everything from mentoring to helping with procurement. We also do insight days at Canary Wharf where we take a year group to meet people that work there.

What new regeneration employment opportunities do you see in Newham?

We're opening discussions with the Silvertown Partnership and the ABP development by Royal Albert Dock. We see the job opportunities there and will be working with those companies and supporting them in their efforts to employ local people.

There is a willingness on behalf of the companies to employ local people. We don't go in saying: 'Wouldn't it be nice if you gave us some opportunities?'. What we're saying to them is: 'You're missing out. This is a fantastic diverse workforce. You should be maximising the number of local people you are employing'.

What do you think was the biggest legacy from the 2012 Games?

The biggest single legacy is that it raised aspiration. We set up a social enterprise, a subsidiary of ELBA called London Works; it's a graduate recruitment agency.

What we've been saying to companies is that when they limit their intake they are missing out on some really fantastic graduates from east London universities. They get that. They see the benefits of having a local workforce. Our previous graduate programmes have a 97 per cent success rate of every student getting a full-time job at the end. Now we might not be as successful as that with our new agency, but we are pretty convinced that we are going to help.

To find out more about ELBA visit www.elba-1.org.uk
To register with Workplace visit www.newhamworkplace.co.uk

All that glitters

He's a leading urban artist, a screen actor, a classical music maestro and a drum and bass legend. We met Goldie – the man behind the teeth – as he prepared for his stage debut at Theatre Royal Stratford East in *Kingston 14*.

This exciting new play, set in modern day Jamaica, is being put on by the people that brought us *The Big Life*, *The Harder They Come* and *Suckerpunch*. It tells a story of how police corruption is uncovered after a tourist is murdered. When director Clint Dyer needed to cast a gangster, he had no doubts about who he wanted for the role – Goldie.

What attracted you to live theatre?

The great thing about this is that I haven't done theatre. I've done films – James Bond and Snatch with Guy Ritchie. Then EastEnders; I just went where my people told me to go and that was a really bad move. David Bowie told me: 'Man, re-invention is everything', so that's what I'm doing. I always saw myself as the sidekick to King Lear with a set of chrome teeth.

Director Clint Dyer said to me: 'Look, I really want you to do this gig'. The thing that convinced me was when he went: 'You're the joker, your name is Persuade Alchemist', and I'm like: 'that's what people call me. I am an alchemist'. I'm always trying to dabble in some kind of thing, whether it's music or art – that's me, I'm an alchemist.

What interested you about *Kingston 14*?

I've never been to Jamaica. My whole family is Jamaican, a real mad Jamaican family, but I never actually went to Jamaica. I find that quite weird and surreal.

Kingston 14's a story of corruption

among the Jamaican police and outlaws. They are as bad as each other. These guys take the names of cowboys from westerns and I find that fascinating. Their hero is the cowboy, because the cowboy is the bad-man, the original gangster.

But there are some funny parts in it. There's this funny side to black society, that comes out when things are bad. It's like when the funny side of blues music comes out and makes people laugh, but isn't Macbeth and Shakespeare a little bit like that? Doesn't that have a little bit of funniness and satire?

What are your career highlights?

I think the whole *Classical Goldie* BBC programme was important for me. Composing and conducting a piece of classical music like *Sine Tempore* at the Royal Albert Hall, getting my head around Rachmaninoff, and nailing it, was great.

My debut album *Timeless* is 20 years old this year. It's a blueprint for a great orchestral piece of music. That's something that we're looking towards doing at the Meltdown Festival this year with James Lavelle.

And I think that is kind of what theatre is to me. It's like classical music. It's the thoroughbred of what it is. If you can't cut it there then... It's that thing.

Let me tell you about conducting *Carmina Burana*. I had an absolute nightmare rehearsing this piece, but – I'll never forget this – I walked on stage to the podium and then in that split second

– ah...it clicked. There's that moment, that knowing that comes from getting to the top of a hill. That thing where you just nail it.

"Roll in your seat, because it's funny, humorous and dark in places, but I hope I make you laugh, because it is a good play"

I think that's what I'm going to have at Stratford East. I like that edge. I think I should have done this earlier.

And what can the audience expect?

Roll in your seat, because it's funny, humorous and dark in places, but I hope I make you laugh, because it is a good play. Come and see it – it's my debut.

***Kingston 14* is at Theatre Royal Stratford East, Gerry Raffles Square, E15, from Friday 28 March to Saturday 26 April. Tickets range from £5 to £22.50 and can be booked from the box office on 020 8534 0310 or stratfordeast.com**

Turn to page 30 to win tickets to the show.



NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



it's all about art!
art for young people

Saturday 29 March 2014, 12.00pm to 4.30pm
The Place, 2 Silvertown Way, Canning Town, E16 1EA
(opposite Canning Town Station)

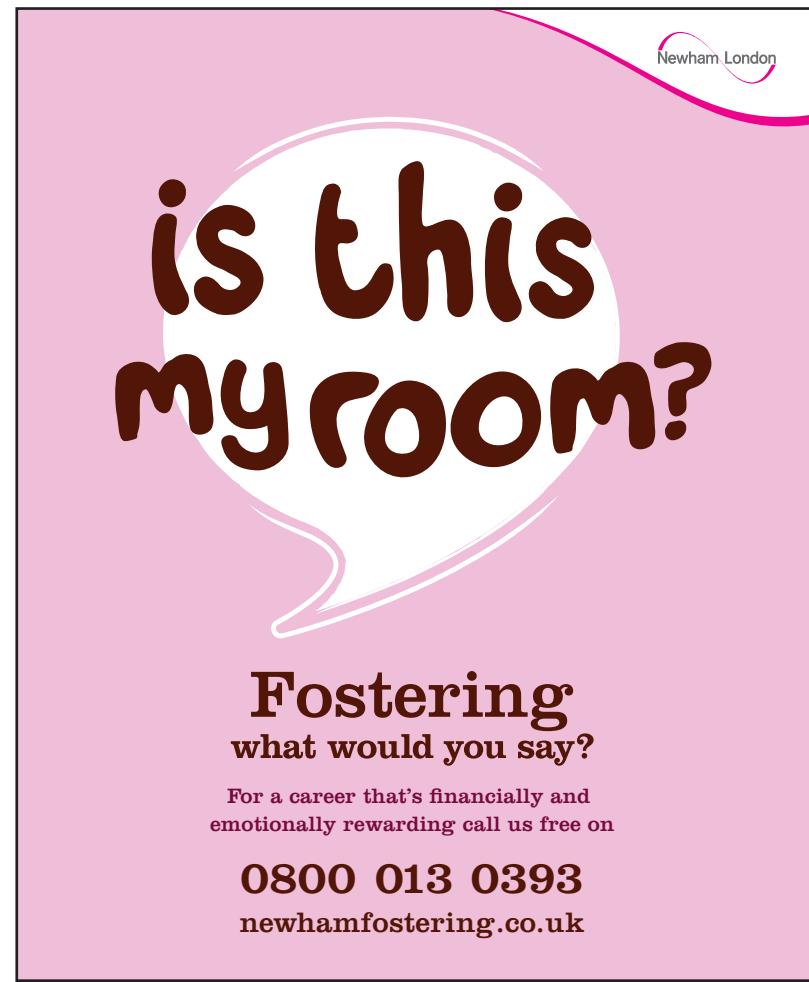
"IT'S ALL ABOUT ART"
is a special day all about art for young people aged 15 to 19.
And it's FREE!

* Opportunities in the creative industries - you can make it in the arts!
* Film making workshop - how to start making your own films
* Illustration and design workshop
* "It's All About Art" Create an Artwork Competition!
* "Art lunch" for everyone!

Places on "It's All About Art" are limited.
To book your place or find out more contact Hassan at Rosetta Art Centre:
Phone: 020 7511 1117
Email: admin@rosettaarts.org
Web: www.RosettaArts.org

Join us on Facebook: www.facebook.com/RosettaArt
Follow on Twitter: www.twitter.com/RosettaArts

RAC. "It's All About Art" is organised by Rosetta Art Centre and is generously supported by Community First.



is this my room?

Newham London

Fostering
what would you say?

For a career that's financially and emotionally rewarding call us free on

0800 013 0393
newhamfostering.co.uk

Have Your Say on TB



healthwatch
Newham



In partnership with

Barts Health **NHS**
NHS Trust

Workshop and Information Event

Friday 28 March, 2014 10am-2pm

Food and refreshments served

Venue:

St Mark's Community Centre
218 Tollgate Road,
Beckton, E6 5YA.

(Nearby Beckton ASDA, and Beckton DLR station)

To reserve a place, please:-

Email: info@healthwatchnewham.co.uk

or Phone: **020 7473 9512**

*If you have any dietary or access requirements
please let us know*

Do the right thing - don't rubbish where you live, don't rubbish Newham.

Newham has a great variety of places to see, people to meet and things to do. That's why we think it is important to keep our streets clean and litter free.

Newham is a fantastic place to go for a walk. Where else could you find shops serving a Bulgarian breakfast on one side of the road and a Karachi curry on the other? Slow down and take the time to enjoy where you live. Taking the time to appreciate everything that's going on around you each day is one of the best personal investments you can make. And while you are doing that take your litter home with you. Don't rubbish where you live, don't rubbish Newham. Litter doesn't have to be part of the modern world. Protect what is good in your life and help keep Newham clean.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

Don't put up with rubbish.
Don't drop it and if you see it report it.
To get it cleared up report it online at
www.newham.gov.uk/MyNewham



Ref: Mar13837



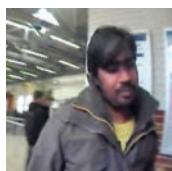
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Ref: Mar14118



Ref: Mar14272



Ref: Mar14297



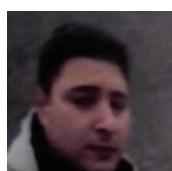
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Ref: Mar15416



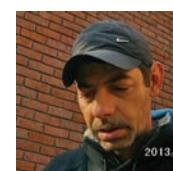
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Ref: Mar17457



Ref: Mar19287



Ref: Mar21921



Ref: Mar21352



Ref: Mar21382



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Ref: Mar21919

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

Win a night out at the theatre

Theatre Royal Stratford East is offering a fantastic night out for two to their exciting new play *Kingston 14* by the award-winning playwright Roy Williams.

The new production, by the team that brought you *The Big Time*, *The Harder They Come*, *Pied Piper* and *Suckerpunch*, stars Brian Bovell (*Babylon*, *Love Actually* and *Hollyoaks*) and drum and bass legend Goldie (see interview on p26).

There are four pairs of tickets up for grabs. They include a free interval drink and a free copy of the book of the play. To be in with a chance of winning just answer: Who wrote the play *Kingston 14*?

1. Goldie
2. Ronnie Size
3. Roy Williams.

Email your answer, name, age, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2QU, by Friday 21 March.

Kingston 14 is suitable for over 15s and is at Theatre Royal Stratford East, Gerry Raffles Square, E15, from Friday 28 March to Saturday 26 April. Tickets range from £5 to £22.50 and can be booked from the box office on **020 8534 0310** or stratfordeast.com



Fun for adoptive families

If you have adopted a child in Newham you can meet similar residents at an afternoon of free family fun taking place on Sunday 30 March.

Newham Adopters is a new voluntary group set up by local adoptive families. The aim of the event is to create an informal Newham based group for adoptive families to support each other.

The family event is suitable for all ages and will include play and a buffet. The event has been supported by a Newham Council Let's Get the Party Started grant.

You must confirm your attendance in advance. For venue details, booking or more information on joining the Newham Adopters network, email Katy Liriano at [Newhamadopters@hotmail.co.uk](mailto>Newhamadopters@hotmail.co.uk) or call **07743 386 477**.

If you'd like to host a community event you could get funding from a Newham Council Let's Get the Party Started Grant, visit www.newham.gov.uk/grants for details.

To find out more about adopting a Newham child visit www.newham.gov.uk/adoption





Grow Together at Flanders Field

Bonny Downs Community Association invites you to their Grow Together, Be Together event taking place at Flanders Field Community Garden on Saturday 22 March, from 1-4pm.

The garden, which sits on a previously derelict area of the playing field, has been transformed into a beautiful, wheelchair accessible community space.

At the event there will be arts, crafts and activities for children as well as the chance to take part in gardening activities. You can also try pizza from a cob oven, discover the delights of open fire cooking, and enjoy a tour of the garden.

Access to Flanders Field Community Garden is via Melbourne Road, E6. For more information call Ola Rug on **020 8586 7070** or email ola.rug@bonnydowns.org

It's All About Art

If you're a creative young person reserve your place at It's All About Art, taking place on Saturday 29 March.

The event is a chance for Newham young people aged 15 to 19 to find out more about opportunities in the creative industries.

There will be hands on workshops, delivered by local young artists, where you can make your own films or find out more about illustration and design.

The event is free but booking is required. Lunch will be provided.

It's All About Art takes place from 12noon-4.30pm at The Place, 2 Silvertown Way, E16.

To reserve your place or find out more call **020 7511 1117** or email admin@rosettaarts.org

Make a WISH come true

Lister Community School is holding an anniversary concert to support their WISH (We Intend to Save Humanity) charity campaign.

The concert takes place at the main hall at Lister School, St Mary's Road, E13, on Thursday 27 March from 4.30pm. Tickets are priced at £1 or £2 for a VIP front row seat and are available to buy from Lister Community School's main office.

For more information email Minajul Islam at wish.0312@hotmail.com

Junior chess tournament



If you're aged under 16 and have dreams of becoming a chess grandmaster, practise your play at a chess tournament on Saturday 22 March.

Registration for the nine-game tournament, at the Hoskins Room in Stratford Library, The Grove, E15, takes place from 9.30am, with play beginning at 10am. The tournament will conclude at 2.30pm with a prize giving presentation. Entry to the competition is £5.

For more information call Jerzy Dybowski on **020 7473 0233** or email DYBEK17@hotmail.com

The free regular chess club takes place on Thursdays at Stratford Library, The Grove, E15, from 5.30pm-7.30pm.

Kids' corner



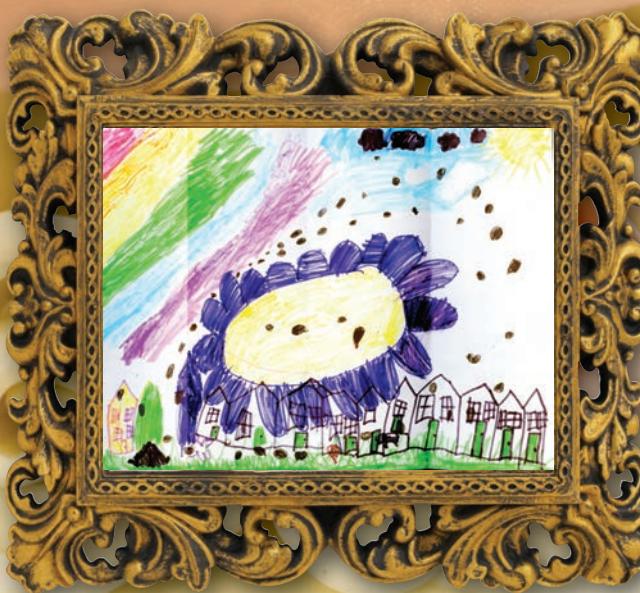
PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry.
We cannot return any entries.

GALLERY



Adil Islam, 9



Holly Regan, 6



M Lakshan, 8



Kiara de Noronha, 6

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Poem

New Beginnings

Time for new beginnings,
Fresh starts,
Following the winds,
Forget star charts,
Let them be binned,
Ride into the sunset,
No sign, being disciplined.

Eyes wide with joy,
Our hair flying behind,
Bold, like Helen of Troy,
Change your frame of mind,
No time to dwell,
On the past – be gone,
Forget the times we fell,
Now our hearts, as one.

Let us seek the future,
So bright like the sun,
Enjoy our youth,
Just have some fun,
Throw your head back and laugh,
Don't care 'bout anyone,
It's time to enjoy,
The world we shall stun.

Let us stand tall,
Stand with pride,
Nose in the air,
Head up high,
Eyes so bright,
Dreams in the sky,
Waiting to come true,
But till then, goodbye...

By Amani Islam, aged 14

Colour-me-in Wordsearch



W	O	L	S	R	E	Y	A	L	A	M	M	I	T	E	N	T	Z	E	D
C	N	A	C	K	L	P	P	A	B	A	P	B	I	R	H	W	S	E	R
S	Z	S	N	B	R	L	R	G	V	R	L	I	E	G	D	E	C	O	U
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A	I	B	E	L	O	G	S	T	D	N	A	D	O	E	E	D	O	A	A
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I	S	A	E	Y	C	E	T	A	L	O	C	O	H	C	E	L	P	P	

Apron

Cake

Chocolate

Decoration

Flowers

Icing

Layers

Piping

Slices

Stand

Tiers

Wedding

WHAT'S ON?

14 - 28
MARCH

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Fancy learning a new skill? Free taster sessions on Saturday 29 March, 10am-2pm. Try cake decorating, nail art, massage and more at Plaistow Library, North Street, E13. For information call **020 3373 1290** or **020 3373 0817**.

2

Parent and Toddler Group – every Thursday, 11am-1pm at Maryland Studioz, 86-90 Leytonstone Road, E15. Messy play, toys and story books. First session free, normally £2. To book call **020 8522 4848** or email marylandstudioz@gmail.com

3

Community Links Seven-a-Side Football Tournament – Wednesday 9 April, from 11.30am at Newham Leisure Centre, E13. For 11 to 19 year olds. Win prizes. Free entry. To register email Jason.turner@community-links.org or call **020 7473 9654**.

TRY SOMETHING NEW... GARDENING SESSIONS

Katherine Road Community Centre is holding introductory gardening classes to help you develop your food growing skills and learn about organic gardening.

Monthly workshops take place at Katherine Road Community Centre, 254 Katherine Road, E7, from 10.30am-12.30pm on the following dates:

Monday 24 March • Monday 7 April

Monday 21 April • Monday 5 May

No previous gardening experience needed and all workshops will be delivered by a professional gardener.

For more information call **020 8548 9825** or **07852 387 633**.



MENTION THE MAG...

If you like the great flavours of Far Eastern foods we have a great offer for you. **Fusion Foods, Newham's new community pop up restaurant, is offering ten per cent off bookings for two or more when you mention the Newham Mag.**

Their next event – the Punjabi Experience – is on Saturday 29 March, 6-8pm at The Well, 49 Vicarage Lane, E6.

Fusion Foods is a project run in partnership with the Grow Together, Be Together food growing project.

The three course menu normally costs £15 per person. You must book in advance, call **07595 248 652**, email manzoorahmed@fusionfoods.org.uk or visit www.fusionfoods.org.uk



Indicates free sessions

ARTS AND ENTERTAINMENT



Comedy Night

Mon, 8pm, Theatre Royal, Gerry Raffles Sq, E15. Visit www.stratfordeast.com/comedy-night

UNDER-FIVES LIBRARY ACTIVITIES



Storytelling (under 5s)

Mon, 10.30-11.15am, Custom House
Mon, 11am-12noon, Beckton Globe
Tues, 10.30-11.30am, Canning Town
Tues, 11am-12noon, The Gate, Stratford
Thurs, 2-3pm, North Woolwich, Plaistow
Fri, 11am-12noon,

Manor Park, Stratford, Green St

Interactive Storytelling (under 5 yrs)

Fri (during term time), 10-11am, East Ham

YOUNG PEOPLE'S LIBRARY ACTIVITIES



Homework Club (7-14yrs)

Mon, 3.30-5.30pm North Woolwich
Mon, 4-5.30pm East Ham
Mon, 4-6pm Stratford
Wed, 3.30-5.30pm Green St, Manor Park

Thurs, 4-6pm Custom House, Plaistow
Fri, 3.30-5.30pm Beckton, Canning Town

Games Club (7-16yrs)

Sony PS3, XBox360, Nintendo Wii, board games and much more.
Thurs, 6-7.30pm, Forest Gate
Tues, 4-5.30pm, Custom House

Board Games Club (7-13yrs)

Play Chess, Checkers, Ludo, Pictionary and many more free activities. Thurs (during term time), 4.30-6pm, North Woolwich

Young People's Book Club (7-13yrs)

Come and talk about your favourite books. Tues (during term time), 3.30-4.30pm, North Woolwich

OTHER LIBRARY ACTIVITIES



Knit & Natter (16+yrs)

Wed, 10am-12noon, Beckton
Fri, 10am-12noon, Canning Town
Tues, 10.30am-12.30pm, Manor Park

Adult Reading Groups

Thurs 20 March, 6-7pm. This month's book is The Report by Jessica Kane, East Ham

Over-50s Club

Thurs, 10am-12noon, Beckton Globe

Chess Club

Thurs, 5.30-7.30pm, Stratford

Employability Skills

ESOL class with a focus on creating a CV and communication skills for work. Mon, 12.30-2.30pm, The Gate

Family Arts Club (3-12yrs)

Sat, 12noon-2pm, The Gate

ESOL Class

Tues, 9.30-11.30am, The Gate. English classes, women only

Writers' Group

Last Thurs of each month, 5.45-7.30pm, The Gate

Coffee Mornings

Tues, 11am-12.30pm, Custom House
Wed 19 March 10-12noon, East Ham
Wed 26 March 10-12noon, The Gate
Thurs, 10-11.30am, Canning Town

Do It Online (18+yrs)

Free 6 or 8 week basic computer training. Advance booking required, contact library directly
Mon, 10am-12noon, Manor Park.
Tues, 10am-12noon, East Ham
Wed, 2-4pm, Stratford

COMMUNITY ACTIVITIES



NCT Newham Groups

Bumps and Babies (up to 1yr)

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

Royal Docks Learning & Activity Centre

Mon, Employment Support sessions, by appointment only

Tues, Healthy Cooking Group, 10am-12noon, £1

Bingo, 10am-12noon, £1

Parent and Toddler group, £1, 10am-12noon

Weds, Coffee Morning, 9.30-11am

Keep fit class, 10-11am, £1

Learn to Earn – Employment Support Drop-in, 1-2pm

Sewing Classes, 10am-12noon, £1

English support for Work, 12noon-1pm

Shop and drop (60+), 10.15am

Women's Keep Fit, 10-11am, £2

Needlecraft, 10am-12noon, £1

Job Club, 10am-12noon

Thurs, Tai Chi, £2, first session free, 10.30am-12noon

Line Dancing for 50+, 1-3pm

Royal Docks Learning & Activity Centre, Albert Rd, E16.

Call 020 7476 9922

www.rdlac.org.uk

Music Therapy

Term-time sessions.

Thurs, 3-4pm, Shrewsbury Children's Centre, E12.

Call 020 3373 6050

Fri, 2.15-3.15pm and 3.45-4.45pm, Susan Lawrence Children's Centre, E12.

Call 020 3373 7227

www.newham-music.org.uk

Guitar Lessons (7+ yrs)

Fri (during term time), 3.30-5.30pm. The Garden Community Café, 7 Cundy Rd, E16. Call 020 7474 5257

BOXING AND SELF DEFENCE



Mon, Wed, Fri, 5-6pm

West Ham Boys ABC 9+yrs, The Black Lion, 59-61 High St, E13. Call 020 8472 3614

Mon, Wed, 6.30-7.45pm, white collar boxing.

Mon, Wed, 6.30-8.45pm, kickboxing. Mon, Wed, Fri, 7-8.30pm Muay Thai.

Peacock ABC, 8+yrs, Caxton St North, E16

Call 020 7511 3799

Mon, Wed, Fri, 6-7.45pm

Newham Boys ABC, 6+yrs, Old Bath House, 141 Church St, E15.

Call 020 8519 5983

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs

Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+yrs)

Tues, 4-5pm, Katherine Rd

Community Centre, 254 Katherine Rd, E7. Email getactive@newham.gov.uk

Shoujin Karate

Newham Shoujin Karate, Wed (term time only), 4.30-5.30pm

Fri, 6-7pm and 7-8.30pm.

Sun, 10-11am. Under-15s £4, 18+yrs £6, concs £5.

Newham Leisure Centre, call 07508 070 638

Docklands Shoujin Karate, Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm.

First session free, under-15s £4, 16+yrs £6, concs £5. UEL SportsDock, call 07766 685 869

Gurumu Taekwondo

Mon and Wed, children 6-7.30pm, juniors and adults 7.30-9.30pm. Monega Primary



Knit & Natter

School, Halley Rd, E12.

Call 07931 709 140

JFI Karate (5+yrs)

Mon, 4.45-6.15pm, Karate.

Mon, 5-5.45pm, Junior Fit Camp. Mon, 5.45-6.30pm and Wed, 5-6.15pm, beginners Karate. The Hartley Centre, E6. Call 07818 000 643

Intense Fitness (14+)

Workouts, boxing and wrestling. Fri, 8.30-10pm, £5. The Hartley Centre, E6. Call 07878 253 642

Boxing (Newham College)

Mon, 5-6pm, East Ham Leisure Centre, E6.

Wed, 4-5.30pm, SportsDock.

Tai Chi Chuan

Mon, 8-9.30pm, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07958 293 200 www.absolutetaichi.co.uk

Stratford Judo Club

Competition training, Juniors (8-14yrs), Tues and Thurs, 6.30-8pm; Seniors (15+ yrs), Tues and Thurs, 8-9.30pm.

Beginners, Juniors (8-14yrs) Wed, 6.30-7.45pm; Seniors (15+ yrs), Wed, 7.45-9.15pm.

From £2 per class. Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07985 601 260 www.stratfordjudo.com

HEALTH AND FITNESS



Family Fit Camp

Discover fitness, health and family fun. Parents and children (7-12yrs), child is free. Sat, 12-1pm, SportsDock.



Newham Striders

Bootcamp (men only)

Thursdays, 8-9pm, £5
Langdon School Sports Centre, Sussex Rd, E6.
Call 07818 000 643

Zumba classes

Thurs, 7.30-8.30pm, London Tamil Sangam, 369 High St North, E12, £5. Wed, 7-8pm, Hathaway Community Centre, Hathaway Cres, E12. Call 07720 805 505

Yoga

Weds, 6.45-7.45pm
The Unitarian Church, West Ham Ln, E15. Tues 6.10pm and 7.10pm, Fri 10.30am and 11.30am, The Hub, 123 Star Ln E16. £6 (£4 concs).
Call 07946 072 412 or visit www.om4health.co.uk

Gate 7 Yoga

Hatha Yoga, Tues, 10am, £6, Forest Tavern, 179 Forest Ln, E7. Hatha Yoga, Tues, 7pm, £6, Forest Gate Methodist Church, E7. Ashanga Yoga, Tues, 8.15pm, £6, Forest Gate Methodist Church, E7. Hatha Yoga, Wed, 6.30pm, £6. Play Sow & Grow, Abbey Lane, E15. Ashanga Yoga, Fri, 10am, £6, Forest Tavern, 179 Forest Ln, E7. Call 07950 944 095 www.gate7yoga.wordpress.com

Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit www.twistedpink.org.uk

Zumba

Mon and Thurs, 6.30-7.30pm, £5. Plaistow Community Centre, 63 Queens Rd West, E13. Call 07916 327 541

Zumba fitness with Jess

Weds, 7.15-8pm, £3.50
Vicarage Lane Community

Centre, Govier Cl, E15.
Call 07759 020 955

Zumba Circuits

Sat, 9.30-10.30am, £4,
Community Resource Centre,
200 Chargeable Ln, E13.
Call 07939 179 587

Unity Zumba

Mon and Wed, 8-9pm, Hartley Centre, 267 Barking Rd, E6.
Tues, 8-9pm, and Thurs,
8.15-9.15pm, St Mark's Community Centre,
218 Tollgate Rd, E6.
Sun, 6.30-7.30pm, Well Community Centre, 49 Vicarage Ln, E6. £5.
Call 07886 884 573

TENNIS



Indoor Tennis, Thurs, until 27 Mar, £3. 4.30-5.30pm, 4-10yrs;
5.30-6.30pm, 10-16yrs;
6.30-7.30pm. 16+. The Hub,
Newham Leisure Centre, E13.
Call 020 3373 9000

50+ ACTIVITIES



Newham Striders

Daily walking group
Call 0844 414 2728

Ballroom Dancing

Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session.
Call 07761 209 463

Nordic Walking

Wed, 9.30am. Meet at Lord Lister Health Centre, E7, not suitable for wheelchairs, £2. Call 07783 660 429.

Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13.
Sun, 10-11.30am, Meet at East Ham Leisure Centre, E6.

GREEN



Garden Club

Tues, 1-3pm, Thurs, 4-7pm,
Sat, 10am-4pm, Abbey Gdns,
Bakers Row, E15

Gardening Thymes

Gardening Club
Fri, 11am-1pm, Bowring

Green, Central Park, High St South, E6

DOORSTEP CLUBS



Call 0844 414 2728 unless otherwise stated.

Gym & Basketball (14+yrs)

Tues, 6-10pm, £2, Rokeye School, Barking Rd, E16

Stunt & Tumble (14+yrs)
Thurs, 7.30-9pm, £5,
Talent Cheer & Dance, Gallions Reach, Armada Way, E6.
Call 07866 612 610

Athletics Club (14+)

A multi-sport session focusing on athletics, football and the gym.
Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756.

FEMALE SPORTS



Basketball Sessions

Women only, Tues, 4-5pm,
Chobham Academy, 40 Cheering Ln, E20.

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm,
Newham Leisure Centre, E13.

Girls Spinning (11-15 yrs)

Tues and Thurs, 5-5.30pm,
Newham Leisure Centre, E13.

Female Only Gym Sessions

Tues and Thurs, 3.30-5pm.
11-15yrs. Mon, 3-4pm, 16-25yrs.
Newham Leisure Centre, E13.

Female Boxfit (14+yrs)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13.
Call 07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm and Thurs,
5-6pm, Newham Leisure Centre.
Fri, 5-7pm, Memorial Park, E15.

Sheila's Yummy Mummy Buggy (16+yrs)

Mon, 10-11.30am, £5,
Central Park, High St South, E6
(meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park,
Plashet Grv, E6.
Call 07908 614 958

Zumba and Tone

Tues, 1-2pm, £1.
St. Bartholomew's Church Hall, Barking Rd, E6
Call Martha 07944 775 679

Ab-Attack

Mon, 7.15-7.45pm, £3
The Hartley Centre, E6.
Call 07818 000 643

Sonia's Circuits (16+yrs)

Tues and Fri, 10-11am, £4,
Ridley Christian Centre,
94 Upton Ln, E7.
Call 07763 230 106

Body Blast (16+yrs)

Tues, 6.30-7.15pm, £5,
Weds, 12.30-1.15pm, £5,
Thurs, 12.30-1.15pm, £5,
Fri (miniblast), 6.30-7pm, £2.50.
Talent Central, Unit 27a, 3
Armada Way, Gallions Reach Shopping Park, E6. Call 07866 612 610

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, £3.10,
Newham Leisure Centre, E13.

Women United AFC (11+yrs)

Mon (term time only), 6-7.15pm,
£1, Kingsford School, E6.
Call 07792 932 979

Athlefit (14-18yrs)

Athletic fitness, Wed, 5.30-6.30pm, £1. Flanders Community Centre, Napier Rd, E6. Call 07718 394 756.

Keepfit

Wed, 10am, £1, Chandos East Centre, E15. Call 07950 944 095

Just Play (14+yrs)

Wed, 6.30-8pm, multi-sports (term-time only). Cumberland School, Oban Cl, E13.
Call 0844 414 2728

Trampolining



Get Back into Netball

Tues, 6-7.30pm, juniors, 7.30-9pm, seniors, £2. Lister Community School, St Mary's Rd, E13. Call 07717 281 529

Women's Badminton

Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided. Call 07930 162 505

Keep Fit – Stay Fit

Sat, 10-11am, £3.50. Jack Cornwell Community Centre, E12. Call 07795 064 116

Women's Zumba

Thurs 7-8pm, £4, Durning Hall, Earlham Grv, E7. Call 07939 179 587

Ladies Only Keep Fit

Weds, 10am, £1, Chandos East Centre, Chandos Rd, E15. Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15.

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Family Swims for Disabled Children and Adults

 Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 07931 788 739 Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 020 7476 5274

Swim for Families

 Dealing with Autism Wed, 4-5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

Get Fit for Free

 Tues, 1.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 020 7511 4477

Athletics (8-18yrs)

 Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, 1 St George's Rd, E7. Email cnourrice@englandathletics.org

Ability Club (11-25yrs)

 Multisports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13.

Trampolining

Sessions (U19s)

Tues, 4.30-5.30pm, U19yrs, Newham Leisure Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions

Wed, 10am-12noon, East Ham Leisure Centre, E6. Call 020 8548 5850

Sensory Play

For children under five with special needs, speech and language delay or physical disabilities. Term-time only. Fri, 10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6. Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

Disability Basketball

Fri, 4-5pm, NewVlc, E13.

RUNNING



East End Road Runners

 Tues and Thurs, 7pm Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647

Run England

£2 unless stated.

Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track).

5.45-6.45pm, Newham Dockside, E16 (meet at reception) Tues, 6-7pm, Newham Leisure Centre, E13 (meet on track). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception) Thurs, free, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception)

Sat, 10-11.30am, East Ham Central Park, E6 (meet at the café) 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion) 10-11.30am, Memorial Park,

E15, £4 (meet at car park)

Call 07718 394 874

Beckton Park Run

 Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

SPORTS



BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, St Mary's Rd, E13, email paul.farthing@activenewham.org.uk

Swimming (5-16yrs)

Newham Young Britons ASC Sat, 6.15-7pm. £2, Newham Leisure Centre, E13. Call 07956 304 518

Woodside

Badminton Club

Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07956 150 240

Fencing with Newham Swords

Tues, 6-9pm, Thurs, 6-9pm Fri, 7-10pm. Classes for adults (18+) and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Table Tennis

Thurs, 6.30-9pm. Beginner and intermediate adults, £1. Stratford School, Upton Ln, E15. Call 07976 577 716

Badminton

Thurs, 7-9pm (term-time only). £5 for a court and bring a racquet. Little Ilford School, Browning Rd, E12. Call 07944 117 263

Badminton

 Mon, 4.45-6pm, NewVlc, E13. Mon, 4-6pm, SportsDock



Badminton

Table Tennis

 Tues, 4.45-6pm, NewVlc, E13. Thurs, 6.30-8.30pm, SportsDock

FOOTBALL



Mayor's Football League

 U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18s, 6-7pm Newham Leisure Centre, E13.

Premier League (16+yrs)

 6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13.

WHU Kicks

 Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6.

Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.

Thurs, 6.30-7.30, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30-12noon, Newham Leisure Centre, E13.

Football & Multi Sports

 Mon, 4-5.30pm, Newham Leisure Centre, E13. Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Football and Athletics

 Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16.

AIR Football (16+yrs)

 Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk



Basketball

Ascension Football

£3. Reception to 11yrs, Sat, 10-11.30am. King George V Park, King George Ave, E16. Call 07806 584 925

Men's Health Football

Fitness Sessions

Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Cls, E6. Call 020 7473 7724

BASKETBALL



Youngbloods Basketball

All sessions cost £1.
U12s, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6.
U13/14s boys, Mon, 6-8pm and Weds, 4.30-6pm, St Angela's School, E7.
U13/14s girls, Mon, 4.30-6pm and Weds, 4.30-6pm, St Angela's School, E7.
U15/16s boys, Tues, 6-8pm, St Angela's School, E7.
Thurs, 8pm, St Bonaventure's School, E7.
U17/18s boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

Newham All Star Sports Academy (NASSA)

Sessions £1 unless indicated.
Juniors, Fri, 4-6pm
Cumberland School, Oban Cl, E13.
National league U13, U14, U16, Tues, 6-8pm, Rokeby School, Barking Rd, E16.

National league U18, Tues, 8-10pm, Rokeby School, Barking Rd, E16.
National league U13, U14, U16, Thurs, 6-8pm, SportsDock.
National league U18, Tues, 8-10pm, SportsDock.
Junior boys and girls, Sat, 10.20am-12.20pm, SportsDock, £2.
Call 07703 503 995.
www.nassasports.org.uk

National League

Mon, 6-8pm, U13/14s, Tues, 6-8pm, U15/16s
Rokeby School, Barking Rd, E16.
Thurs, 4.30-6pm, U13/14s boys, U14s girls; 6-8pm, U16s, Newham Leisure Centre, E13, 6-8pm, U18s, Cumberland School, Oban Cls, E13

Senior Programme

Mon, 7.30-9.30pm
Division 2 women and division 3/4 men. Rokeby School, Barking Rd, E16.
Call 07947 401 616

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.
Thurs, 6-8pm, NewVic, E13.

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19s, Snowhill MUGA, Snowhill Rd, E12.

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless specified.

Mon 17 March, 7pm,
Local Development Committee, Council Chamber, Old Town Hall, Stratford, E15

Tues, 18 March, 7pm,
Crime and Disorder Scrutiny Commission, Committee Room 2

7pm, Strategic Development Committee, Council Chamber, Old Town Stratford, E15

Wed 19 March, 7pm, Health

and Wellbeing Board, Newham Dockside, Room WG.06, Ground Floor, West Wing, 1000 Dockside Road, E16
Thurs 20 March, 5pm,
Cabinet, Council Chamber
5.05pm, Mayoral Proceedings, Council Chamber
Tues 25 March, 7pm,
Overview and Scrutiny Committee, Committee Room 1
Visit www.newham.gov.uk/committee for updates.

CONTACT THE MAYOR

Mayor's walk in surgery

Registration for surgery is within the 30 minutes before advertised start time

Tues 18 March, 5pm,
Newham Town Hall, Barking Rd, East Ham, E6

Saturday 22 March, 10am,
The Gate, 4-20 Woodgrange Rd, Forest Gate, E7

Mayor's Telephone Surgery

Weds 26 March.

Please call 020 8430 2000, 9.30am-10.30am and ask for the Mayor's telephone surgery so a member of staff can take your details and arrange a callback.

Mayor's Coffee Mornings

Sat 22 March, 11am-12noon, Manor Park Library

Sat 29 March, 10.30-11.30am, Plaistow Library

Sat 5 April, 10.30-11.30am, The Gate library

Sat 12 April, 10.30am-11.30am, Canning Town Library

LIBRARY CONTACTS

Beckton Globe

1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341 Green St

The Gate 6-8 Woodgrange Rd, Forest Gate, E7

Manor Park

685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

(limited postal and

email service only) call:

020 3373 6881 email:

archiveslocalstudies@newham.gov.uk

Community Outreach

Services To find out more call 020 3373 0813

CENTRE CONTACTS



Balaam Leisure Centre

Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

The Hartley Centre

267 Barking Rd, E6

Jack Cornwell Community Centre

Jack Cornwell St, E12

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Way, E16

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All listings may be subject to change, please contact individual events and activities before attending.

Hundreds of services

- one website. Visit

www.newham.gov.uk

Call Newham Council on

020 8430 2000

 Follow us on Twitter
@NewhamLondon

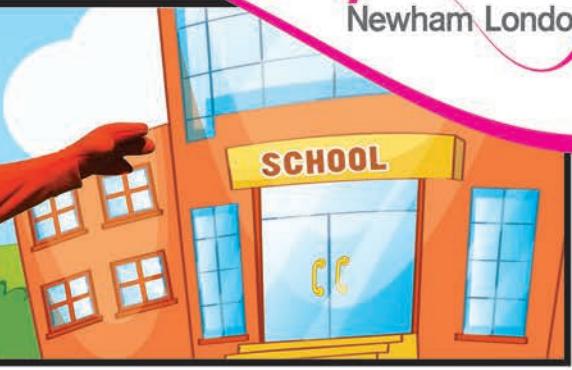
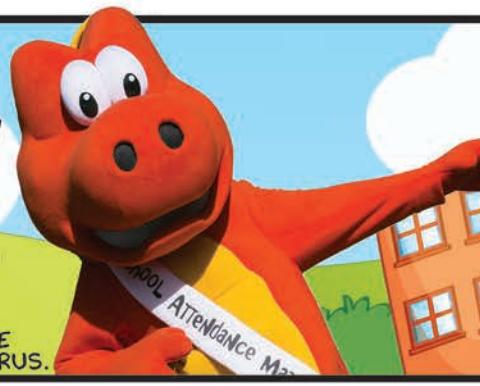
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HOW TO ENJOY SCHOOL TO THE ABSOLUTE MAX!

BY SAM THE ATTENDASAURUS.



SPORTS DAY PRACTICE

DINO THE DINOSAUR IS SAD. HIS FAMILY IS GOING ON HOLIDAY DURING TERM-TIME AND HE WILL MISS SPORTS DAY.



DINO IS WORRIED HE MAY HAVE TO GO TO ANOTHER SCHOOL WHEN HE COMES BACK FROM HOLIDAY.

REWARDED FOR ATTENDING SCHOOL EVERYDAY

WELL DONE SAM! YOU HAVE 100% ATTENDANCE



SAM IS DOING WELL AT SCHOOL BECAUSE HE ATTENDS EVERYDAY.

SUMMER HOLIDAYS



SAM IS LOOKING FORWARD TO VISITING HIS RELATIVES IN SPAIN DURING THE SUMMER HOLIDAYS.

REMEMBER DON'T TAKE LEAVE DURING TERM-TIME



Newham Collegiate Sixth Form Centre

A specialist centre for Science and Mathematics

A new academic A Level centre opening in East Ham in September 2014

Developed by a group of Newham Schools – Cumberland, Kingsford, Lister, Little Ilford, Plashet, Rokeby, Royal Docks, Sarah Bonnell – and Stratford School Academy in partnership with Newham Council.

The centre offers:

- academic A Level curriculum
- specialism in science and mathematics
- a focus on progression to highly competitive universities
- expert sixth form staff team
- state-of-the-art facilities in a historic setting
- a commitment to achieving excellence

Meet the principal, Mr Mouhssin Ismail at our next information drop-in event on
Saturday 15 March 11am-2pm
Newham Town Hall, Barking Road, E6 2RP

in partnership with



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